

Rotation Specific Objectives

Physical Medicine and Rehabilitation (PMR)

Introduction:

Orthopaedic patients frequently require periods of rehabilitation pre and postoperatively. During these times, patients often undergo strength training and treatment of pain through use of physical and electrical modalities.

Some patients undergo manual (manipulation) therapy for the treatment of spinal and peripheral joint complaints. Effective management of musculoskeletal disorders requires an understanding of Rehabilitation Medicine.

Rotation Specific Objectives

1. Medical Expert:

- a. Cognitive Domain: During the rehabilitation medicine rotation, the resident will develop basic knowledge in the following subject areas:
 - i. Principles of strength
 - ii. Assessment and treatment of non-surgical neck and back pain
 - iii. Treatment of chronic pain syndromes
 - iv. Principles of treatment through use of electrical modalities
 - v. Principles of treatment through use of physical modalities (manipulation; traction; mobilization)
- b. Psychomotor/Technical Domain: The resident will have obtained the psychomotor skills to be able to deal with common rehabilitation issues such as:
 - i. Exercise prescription following upper and lower limb surgery
 - ii. Application of flexion and extension exercise programs for patients suffering from low back pain
 - iii. Rehabilitation of soft tissue injuries including identification of such injuries and knowledge of appropriate non-surgical treatment
 - iv. Assessment of the injured worker
 - v. Assessment of medicolegal patient problems

2. Communicator:

- a. Learn how to communicate effectively with rehabilitation team members such as physiatrists, physiotherapists, kinesiologists, occupational therapists, orthotists, speech therapists, specialty nurses.
- b. Communicate effectively with patients that have complex, chronic, debilitating diseases.
- c. Write prescriptions for rehabilitation / prostheses

3. Collaborator:

- a. Contributed effectively into interdisciplinary team activities in rehabilitation
- b. Identify and describe the role, expertise and limitations of all members of the rehabilitation team
- c. Understand the care plan for a mutual interest in patient

4. Leader:

- a. Utilize resources effectively to balance patient care, learning needs, and outside activities
- b. Work effectively and efficiently in the healthcare organization
- c. allocate finite health-care resources wisely

5. Health Advocate:

- a. Identify the important determinants of health affecting patients particularly those with spinal cord injuries, amputations, chronic debilitating diseases
- b. Have knowledge of community services available for these patients

6. Scholar:

- a. Critically appraise sources of medical information
- b. Contribute to the development of new knowledge

7. Professional:

- a. Deliver highest-quality care with integrity, honesty and compassion
- b. Exhibit appropriate personal and interpersonal professional behaviors
- c. Practice medicine ethically consistent with obligations of the physician

Conditions of Learning:

Objectives will be achieved during the core PMR rotation that includes in-patient and out-patient care. Learning objectives will also be achieved during orthopaedic rotations.

Methods of Instruction / Learning:

Core rotation in Physical Medicine and Rehabilitation at Parkwood Hospital Attending rehabilitation rounds

Evaluation:

Satisfactory achievement of goals in the cognitive and psychomotor domain will be determined by:

- Satisfactory performance at case presentations and scheduled rounds
- Satisfactory completion of an In-Training Evaluation Report (ITER) by the selective supervisor
- Satisfaction of preceptor(s) across disciplines